




# East Park Regional Community Center

600 Woodland Street, Nashville, TN 37206 - 615-862-8448

Fitness Classes Aquatics Family Programs (\$) – Paid Class	Monday Hours: 6:00am-8:30pm	Tuesday Hours: 6:00am-8:30pm	Wednesday Hours: 6:00am-8:30pm	Thursday Hours: 6:00am-8:30pm	Friday Hours: 6:00am-7:30pm	Saturday Hours: 8:00am-12:00pm
<b>Fall 2015 Program Schedule</b>  <b>Facility Coordinator</b> Darlene Morrow  <b>Senior Program Coordinator</b> Jeffrey Smith  <b>Recreation Leaders &amp; Lifeguards (*)</b> Shetika Bailey Theophilus Boone* Michael Frazier Michael Martin Larry Shelton Jere Shoemake* Lynetta Waters  <b>Class Instructors</b> East Park Staff Misty Adfield Amanda Dixon Sarah Coffey Barbara Burgess Lex Herdon Nick Majors Shameka Freeman Bronwyn Davis Pam Scott Troy Logan Nicole Ahima  	6:00am-7:00am Boot Camp(\$) w/Misty (Gym)	9:00am-11:00am Senior Program Open Gym (Various Activities)	6:00am-7:00am Boot Camp(\$) w/Misty (Gym)	9:30am-11:00pm Moms and Tots (Open Gym)	6:00am-7:00am Boot Camp(\$) w/Misty (Gym)	8:00am-8:45am Parent Child Pool Time w/Jere
	8:00 am- 1:00pm Adult Open Gym (Basketball)	11:00am-1:00pm Adult Open Gym (Basketball)	8:00 am- 1:00pm Adult Open Gym (Basketball)	11:00 am- 1:00pm Adult Open Gym (Basketball)	9:00am-12:00pm Adult Open Gym (Badminton)	8:00am-9:00am Morning Flow Yoga(\$) w/Barbara (Arts and Crafts)
	9:30am-10:30am Lo Water Exercise w/Theo	10:00am-11:00am Water Exercise w/Jere <i>*Starting Sept. 1<sup>st</sup>*</i>	9:30am-10:30am Lo Water Exercise w/Theo	10:00am-11:00am Water Exercise w/Jere <i>*Starting Sept. 1<sup>st</sup>*</i>	9:30am-10:30am Lo Water Exercise w/Theo	9:00am-12:00pm Adult Open Gym (Basketball)
	12:00pm-1:00pm Mid-Day Boot Camp(\$) w/Shameka <i>*New Class*</i> (Dance Studio)	12:00pm-1:00pm Zumba(\$) w/Shameka (Dance Studio)	12:00pm-1:00pm Mid-Day Boot Camp(\$) w/Shameka <i>*New Class*</i> (Dance Studio)	12:00pm-1:00pm Zumba(\$) w/Shameka (Dance Studio)	12:00pm- 2:00pm Adult Open Gym (Basketball)	9:00am-10:00am Zumba(\$) w/Lex (Dance Studio)
	6:00pm-7:00pm Beginner Boot Camp(\$) w/Amanda (Gym)	5:30pm-6:30pm Zumba(\$) w/Lex (Gym)	6:00pm-7:00pm Beginner Boot Camp(\$) w/Amanda (Theater)	5:30pm-6:30pm Zumba(\$) w/Lex (Gym)	<i>*Family Night*</i> 6:00pm-7:15pm (Movies & Gym Activities)	10:00am-11:00am Saturday Splash Water Exercise(\$) w/Jere
	6:00pm-7:00pm Vinyasa Flow Yoga(\$) w/Nick (Ceramics Room)	6:30pm-8:15pm Adult Open Gym (Badminton)	6:00pm-8:15pm Adult Open Gym (Pickleball)	6:30pm-8:15pm Adult Open Gym (Basketball)		9:00am-12:00pm African Dance (Kids and Adults) (Theater)
	6:30pm-7:00pm Zumba(\$) w/Sarah	5:30pm-7:30pm Chicago Style Stepping w/Troy (Theater)	6:30pm-7:30pm Zumba(\$) w/Sarah	5:30pm-7:30pm Chicago Style Stepping w/Troy (Theater)	<div>  </div> <div>           @            “East Park            Community            Center”         </div> <div>  </div> <div>           @            EastRegional         </div>	
	7:00pm-8:30pm Adult Open Gym (Basketball)	6:00pm-7:00pm Water Exercise(\$) w/Jere	6:00pm-8:00pm Ping Pong Wednesdays (Game Room)	6:00pm-7:00pm Water Exercise(\$) w/Jere		
		6:30pm-7:30pm Salsa Dance w/Nicole (Ceramics Room)		6:00pm-7:00pm Yoga(\$) w/Bronwyn (Ceramics Room)		
						<b>**Monday-Friday**</b> <b>2:00pm-6:00pm</b> <b>After School</b> <b>Enrichment</b> <b>Program(Ages</b> <b>6-14)</b> <b>Gymnasium</b> <b>Closed to</b> <b>Adults</b>

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**Facility Coordinator:** Darlene Morrow **Aquatics Leader:** Jere Shoemake

The following activities are offered as part of the aquatics program at East Park Community Center. Some activities may require a nominal fee for participation. Some activities are strenuous or present certain risks, so medical clearance and/or parental permission may be required. For information on any of our programs, please contact us at 862-8448

Important Info.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The pool is free of charge, except where a (\$) designates a fee.</p> <p>Pool capacity of 25 swimmers.</p> <p>Children under age 3 must wear a swim diaper.</p> <p>Children under 4 feet tall must be with an adult in the water.</p> <p>Family Swim is for families and children. Children must be accompanied by an adult.</p> <p>Only people age 21 and older are considered adults when accompanying a child during Family Swim.</p>	<p>6:00am-8:00am Lap Swim/ Waterwalking</p> <p>9:30am-10:30am Lo H2O Exercise w/Theo</p> <p>11:00am-1:00pm Lap Swim/ Waterwalking</p> <p>2:00pm-4:00pm Open Swim <b>*Starting 9/1/15</b></p> <p>5:00pm-7:00pm Lap Swim/ Waterwalking</p>	<p>10:00am-11:00am Water Exercise w/Jere <b>*Starting 9/1/15</b></p> <p>2:00pm-4:00pm Open Swim <b>*Starting 9/1/15</b></p> <p>4:00pm-4:45pm Afterschool Program Swim Lessons</p> <p>5:00pm-5:45pm Swim Lessons w/Jere <b>*Registration Required*</b></p> <p>6:00pm-7:00pm Water Workout(\$) w/Sabrina</p>	<p>6:00am-8:00am Lap Swim/ Waterwalking</p> <p>9:30am-10:30am Lo H2O Exercise w/Theo</p> <p>11:00am-1:00pm Lap Swim/ Waterwalking</p> <p>2:00pm-4:00pm Open Swim <b>*Starting 9/1/15</b></p> <p>5:00pm-7:00pm Lap Swim/ Waterwalking</p>	<p>10:00am-11:00am Water Exercise w/Jere <b>*Starting 9/1/15</b></p> <p>4:00pm-5:00pm Afterschool Program Open Swim</p> <p>5:00pm-5:45pm Swim Lessons w/Jere <b>*Registration Required</b></p> <p>6:00pm-7:00pm Water Workout(\$) w/Sabrina</p>	<p>6:00am-8:00am Lap Swim/ Waterwalking</p> <p>9:30am-10:30am Lo H2O Exercise w/Theo</p> <p>11:00am-1:00pm Lap Swim/ Waterwalking</p>	<p>8:00am-9:00am Parent Child Pool Time w/Jere</p> <p>10:00am-11:00pm Saturday Splash Water Exercise w/Jere</p> <p><b>Fall Swim Lessons Registration Information</b> <b>Registration Dates:</b> Aug.31<sup>st</sup> – Sept.4<sup>th</sup></p> <p><b>Session I</b> Sept.8<sup>th</sup> to Oct. 1<sup>st</sup></p> <p><b>Classes:</b> Beginners- Tu. &amp; Thurs-5:45pm Sat 9-9:45am</p> <p>Adult Beginners- Tues &amp; Thurs.9-9:45am Tues &amp; Thurs 7-7:45pm</p>

Metro does not discriminate on the basis of age, race, sex, color, national origin, religion, or disability in admission to, access to, or operations of its programs, services, or activities. For accessibility inquiries, call 862-8400

Mission Statement: It is the mission of the Metropolitan Board of Parks and Recreation to provide every citizen of Nashville and Davidson County with an equal opportunity for safe recreational and cultural activities within a network of parks and greenways that preserves and protects the region's natural resources.